



Great Activities to Beat the Winter Doldrums

As the temperatures decline, it's easy for your creativity to plummet. Here are some fun and easy-to-do activities to help break the cabin fever that can set in this time of year.

✓ Plan a picnic...where is it written that picnics are for summer only? Spread a blanket on the floor and let the kids enjoy their favorite sandwiches, fresh fruit, cut up vegetables, and milk.

✓ Bring out your wooden blocks, small plastic people and animals, small cars and trains, etc. Let the children set up a miniature town and play to their heart's content. **Be aware of the choking hazard that the smaller sized toys present to younger children.** This would be a good activity for the preschool children to do when the infant/toddlers are napping.

✓ Make paper bag puppets and have a puppet show. Let the children decorate small brown lunch bags



with crayons, markers, stickers, glitter, buttons, yarn, etc. When they are finished, let them use their creations in a puppet show.

✓ Make pasta art. Use different types of noodles such as spaghetti, bow tie, corkscrew, elbow macaroni, etc. Let the children use their imagination while they glue the macaroni on pieces of construction paper.

✓ Turn on some music, and dance with the children. For a little variety, play *Do What I Do* - the leader performs a motion and everyone else imitates - let the children take turns being the leader.

✓ Save boxes, such as macaroni and cheese and cake mix boxes, etc. You can set up a store area where they can pretend to shop. Don't forget a checkout area. They can also pretend to cook with items they've just purchased at the store.

Inside This Issue

BCC Update	2
Consumer Product Safety Commission	3
Child Care Vans & Buses	4
CPSC Requires Child-Resistant Packaging for Common Household Products	5
Maintaining Smoke Alarms	6
Celebrate the Week of the Young Child	7
Is Your Facility Ready for Emergencies?	8
The Importance of Handwashing	9
Winter Fun with Food	10
Warm and Wonderful!	11
Upcoming Dates & Events	12



COMING THIS SPRING..... CHILD CARE ORIENTATION TRAINING

In conjunction with the Week of the Young Child, the Bureau of Child Care will launch the new Child Care Orientation Training (CCOT) in April 2002. Initially, this training will be presented on a limited basis throughout the state. It is designed for new and entry level child care providers. The Orientation Training should be completed prior to or within the caregiver's first 90 days of employment. However, during this initial phase, the CCOT is available to all child care professionals. Plans are to expand the locations and number of sessions for the Child Care Orientation Training in phase two beginning in October 2002.

The Bureau of Child Care's contract with the University of Missouri Extension and Outreach for the pilot project, GEMS, concluded in June, 2001. Trainers who were approved for this pilot project are being asked if they are available to be trained as instructors for the Child Care Orientation Training.

The Child Care Orientation Training consists of 8 total hours and is divided into four 2 hour segments:



✓ Child Care Licensing Rules orientation for either child care family home providers OR for child care center staff. This licensing orientation will be conducted by the Bureau of Child Care's regulatory staff in the District Health Offices.

✓ Basic Safety and Supervision - includes developmentally appropriate practices, curriculum and supervision; communication and community connections and resources.

✓ Health, Environmental Safety and Sanitation - includes review of communicable diseases and preventive health practices, injury and poison prevention, emergency procedures, and promotes practices such as "back to sleep" for infants.

✓ Child Abuse/Neglect Recognition and Reporting - includes indicators and definitions of child abuse/neglect, including Shaken Baby Syndrome; how to make a report; investigations of alleged child abuse/neglect of child care providers.

Inclusion for children with special needs is imbedded in the CCOT training segments.

The Child Care Orientation is free. Each participant will receive an educational manual with resources. AND..... upon completing the 8 hours, the participant will be awarded certification and a special bonus gift. Please watch for additional information on dates, locations, and enrollment from your local Child Care Resource and Referral Agency.

Consumer Product Safety Commission

The U. S. Consumer Product Safety Commission (CPSC) is an independent federal regulatory agency that works to reduce the risk of injuries and deaths from consumer products. You can reach the CPSC through:

- ◆ The CPSC toll-free Hotline at (800) 638-2772 or (800) 638-8270 for the hearing and speech impaired.
- ◆ The CPSC web site address at <http://www.cpsc.gov>

How to Obtain Recall Information

The U.S. CPSC issues approximately 300 product recalls each year, including



many products found in child care settings.

Many consumers do not know about the recalls and continue to use potentially unsafe products. As a result, used products may be loaned or given to a charity, relatives, or neighbors, or sold at garage sales or secondhand stores. You can help by not accepting, buying, lending, or selling recalled consumer products. You can contact the CPSC to find out whether

products have been recalled, and, if so, what you should do with them. If you have products that you wish to donate or sell and you have lost the original packaging, contact the CPSC to find out product information.

To receive CPSC's current recall information automatically by e-mail or fax, or in a quarterly compilation of recalls sent by regular mail, call CPSC's hotline and after the greeting, enter 140, then follow the instructions given.

Each issue of this newsletter will highlight a recalled product or a safety issue; however, it would be wise to check with the CPSC on a regular basis for more comprehensive information.

CPSC, Little Tikes Announce Recall of Swings

In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Little Tikes Company, of Hudson, Ohio, is voluntarily recalling about 250,000 "2-in-1 Snug 'n Secure" swings. The buckles on the swing can break and the shoulder restraint straps can pull out of the back of the seat, causing young children to fall.

CPSC and Little Tikes have received 14 reports of problems with the swings. Five injuries to children included abrasions, bruises, cuts and bumps to the head.

The swings are made of molded plastic and have a blue seat with a red T-shaped restraint front. The model number 4117-00 is molded underneath the seat. The "Little Tikes" logo is written on the T-shaped restraint bar on the front of the swing. The swings were sold for children ages 9-months through 4-years old. The swing is suspended with four yellow ropes. Only swings with blue or white buckles are included in this recall. Juvenile product and toy stores nationwide sold the swings from December 2000 through September 2001 for about \$20.

Consumers should stop using the swings immediately and contact Little Tikes at www.littletikes.com or call (800) 815-4820 anytime to receive a repair kit.

Child Care Vans & Buses Are Subject to Department of Transportation Regulations

In an effort to educate public and commercial vehicle operators, the Division of Motor Carrier & Rail Road Safety would like to take this opportunity to inform you of regulations that may affect you. The Division of Motor Carrier & Rail Road Safety has the responsibility for ensuring the compliance of commercial vehicles operating Intra-state (wholly within the state) with various state and federal requirements, including the Federal Motor Carrier Safety Regulations.

Our Division, along with the Federal Office of Motor Carrier Safety (USDOT) and the Missouri State Highway Patrol -Commercial Vehicle Enforcement Section, are agencies that regulate commercial vehicles state-wide in Missouri. These regulations and state statutes apply to almost everyone operating a commercial vehicle (as defined below).

These rules apply to public for-hire companies, as well as private operators, such as **shuttle vans / buses operated by hotels, nursing homes, & daycare / child care operations.**

Each year commercial vehicle accidents and fatalities increase, and the Federal and State governments are under mandates to reduce crashes and adopt stricter compliance measures. Hence, the seriousness of these requirements and the importance of commercial vehicle operators to be aware of them.



A passenger carrying commercial vehicle is defined by the regulations as:

Commercial passenger carrying vehicle with a manufacturer's seating capacity of 6 or more. (Intra-state)

The above listed vehicles would generally be subject to the safety regulations. The Division's safety enforcement section also conducts several free one-day compliance seminars at various locations and times during the year. If you wish to be on the mailing list to receive the Division's quarterly newsletter, please contact Rebecca Geyer at 573-751-1114 or rgeyer@mail.state.mo.us.

The division's web site (www.ecodev.state.mo.us/mcrs) has a wealth of information, including regulation updates, a printable copy of the compliance manual with forms, and links to other agencies.

We encourage you to contact any of the listed offices or organizations for further information or any questions you may have.

Missouri Division of Motor Carrier & Railroad Safety

Jefferson City Region Office
573-751-1853

Kansas City Region Office
816-467-7927

Springfield Region Office
417-895-6365

Poplar Bluff Region Office
573-840-9740

St. Charles Region Office
636-9640-3315

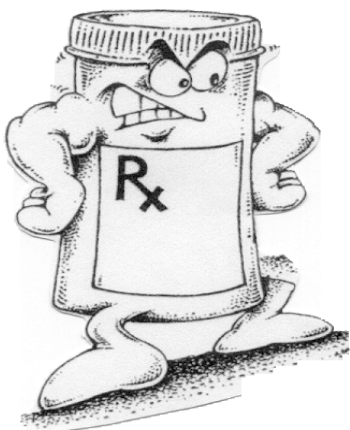
Kirksville Region Office
660-785-2450

Administration Offices
573-751-7117

USDOT Federal Motor Carrier Safety Administration

Missouri office 573-636-3246
or 1-800-832-5660 or
hope.maddox@fhwa.dot.gov

CPSC Requires Child-Resistant Packaging for Common Household Products Containing Hydrocarbons



In October 2001, the U.S. Consumer Product Safety Commission (CPSC) voted unanimously to require child-resistant packaging for some common household products and cosmetics that contain hydrocarbons. This safety standard will help prevent injuries and deaths to children under 5 years of age who may swallow and aspirate certain oily liquids containing hydrocarbons. When these products enter the lungs, chemical pneumonia can develop and cause death.

Examples of household products and cosmetics covered by the new packaging regulation include some:

- ✓ baby oils
- ✓ sunscreens
- ✓ nail enamel dryers
- ✓ hair oils

- ✓ bath, body and massage oils
- ✓ makeup removers
- ✓ automotive chemicals (gasoline additives, fuel injection cleaners, carburetor cleaners)
- ✓ cleaning solvents (wood oil cleaners, metal cleaners, spot removers, adhesive removers)
- ✓ water repellents containing mineral spirits used for decks, shoes, and sports equipment
- ✓ general-use household oil; and gun-cleaning solvents containing kerosene

If these products contain 10 percent or more hydrocarbons by weight and have a low viscosity (i.e., are “watery”), they will have to be in child-resistant packaging. Thicker products are less likely to be aspirated.

“We know that child-resistant packaging saves lives,” said CPSC Chairman Ann Brown. “But since the packaging is child-resistant, not child-proof, parents also need to keep baby oil and other potentially poisonous substances locked up out of reach of young children.”

CPSC is aware of five fatalities of children under 5 years old from 1993 to date involving aspiration of hydrocarbon products. CPSC data for 1997 through 1999 revealed an estimated 6,400 emergency room visits involving children under 5 years of age who ingested household chemical products that frequently contain hydrocarbons that can pose an aspiration hazard. In addition, data from the American Association of Poison Control Centers for 1993 through 1999 revealed 11,115 potential aspiration exposures to cosmetic and household products containing hydrocarbons.

The most recent fatality of which CPSC is aware occurred in May 2001 after 16-month-old Jaiden Bryson of Bakersfield, California, aspirated a baby oil product. Chairman Brown dedicated the new safety standard to Jaiden.

The new poison prevention packaging for affected products containing hydrocarbons must be in use in 12 months.

Information for this article was taken from CPSC’s website: www.cpsc.gov

MAINTAIN & TEST YOUR SMOKE ALARMS

Smoke alarm technology has been around since the 1960's and the National Fire Protection Association (NFPA) estimates that 94% of homes in the U.S. have at least one smoke alarm. However, simply having a smoke alarm is the easy part. Ensuring that the alarm will function when an emergency situation presents itself is the key.

Statistics show that January is the peak month for home fire deaths, followed by February, with December being third. Overall, smoke is the leading cause of home fire deaths but in the winter months heating equipment causes similar shares of the fire deaths.

Homes with smoke alarms typically have a death rate that is 40-50% less than the rate for homes without alarms. However, in three of every ten reported fires in homes equipped with smoke alarms, the alarms did not work. In addition, children five and under account for approximately 19% of home fire deaths.

Today, NFPA reports that there are now more homes with smoke alarms that do not work than homes without alarms at all. Poorly maintained alarms create a

false sense of security. Unfortunately, the importance of installing and maintaining smoke alarms has not yet been fully realized. Proper placement, regular testing and maintenance of your alarms will ensure that when the situation occurs, the alarms will work and provide you with early notification.



Detector Types:

- ♦ Ionization-uses an extremely small quantity of radioactive material to make the air in the alarm chamber conduct electricity. Smoke from a fire interferes with the electrical current, triggering the alarm.
- ♦ Photoelectric-uses a tiny light source shining on a light sensitive sensor. The alarm is triggered when smoke from a fire interferes with the sensor.

Maintenance Tips:

- ♦ Test smoke alarms every month to ensure they are operating.
- ♦ Replace the battery at least once a year or when the alarm chirps, alerting you that the battery power is low.
- ♦ Cleaning smoke alarms just as you clean your home is a must. Cobwebs and dust can be removed with a vacuum cleaner attachment.

There are many other kinds of alarms, which may be designed to detect high temperatures, rapid changes in temperature and certain gases produced in fires. However, these alarms are not as effective as smoke alarms in giving the first warning when a fire occurs. Heat detectors may be used as optional extra protection in areas such as kitchens, attics and garages where smoke alarms are susceptible to nuisance alarms.

Be fire safe; keep your smoke detectors in good working order.

Article provided by:
Randy Cole,
State Fire Marshal's Office

Celebrate the Week of the Young Child

April 1-7, 2002



"Early Childhood: Where Our Future Begins"

The Week of the Young Child is a time to recognize that *early childhood is where our future begins*, and to recommit ourselves to ensuring that each and every child experiences the type of early environment—at home, at child care, at school, and in the community—that will promote their early learning.

What is the Week of the Young Child?

The Week of the Young Child is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC), the world's largest early childhood education association, with more than 103,000 members and a network of nearly 450 local, state, and regional affiliates.

The purpose of the Week of the Young Child is to focus public attention on the needs of young children and their families and to recognize the

early childhood programs and services that meet those needs.

NAEYC first established the Week of the Young Child in 1971, recognizing that the early childhood years (birth through age 8) lay the foundation for children's success in school and later life. The Week of the Young Child is a time to plan how we—as citizens of a community, of a state, and of a nation—will better meet the needs of all young children and their families.

Who sponsors the Week of the Young Child?

NAEYC designates the Week of the Young Child dates and theme, but events typically are planned and implemented in local communities. Celebrations are organized and coordinated by the nearly 450 regional, state, and local NAEYC Affiliates. Individual early childhood programs and community organizations providing services to young children and families may plan their own celebrations as well.

In Mid-Missouri, the Central Missouri AEYC Affiliate Chapter coordinates and supports the Week of the Young Child in collaboration

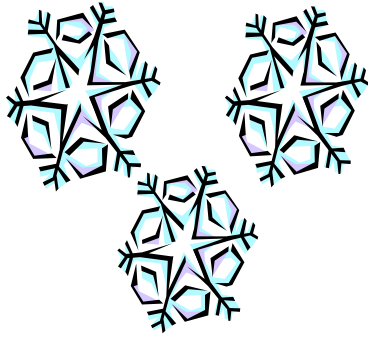
with other early care and education organizations. However the Week of the Young Child is adapted locally, the central purpose remains unchanged—to promote the needs of young children, their families, and the early childhood programs that serve them.

Why focus on young children and early childhood programs?

Today, we know more than ever before about the importance of children's earliest years in shaping their learning and development. Yet, never before have the needs of young children and their families been more pressing.

For information about membership in the Association for the Education of Young Children of Missouri, call 573-815-5727, or toll free, 877-296-2852, or log on to our web site at aeyc-mo.org. Dee Ann Attaway, AEYC-MO Executive Director

Is Your Facility Ready for Emergencies?



In light of recent events, general preparedness for emergencies has come into focus. Most child care facilities probably already have supplies on hand; however, it is a good idea have menus and plans in place.

Every child care program should have their own Food SAFE* - Food Supplies Available For Emergencies.

Q: What is Food SAFE?

A: Food SAFE is a supply of food that can be used in an emergency and the equipment needed for preparing emergency meals.

Q: What is an emergency?

A: An emergency is when normal services are in short supply. An emergency may result from bad weather. Bad weather might be a very heavy rain or snow that :

- ✓ limits the supply of gas, electricity, or water;
- ✓ prevents vendors from delivering your food order; or
- ✓ keeps cooks from getting to their centers.

Q: What items should our facility's Food SAFE have?

A: Foods you can use to make cold meals without gas, electricity and/or water, including:

- ✓ bottled water for drinking
- ✓ ultrapasteurized milk (unrefrigerated milk in cartons)
- ✓ canned juice, fruit, tuna fish
- ✓ mayonnaise
- ✓ peanut butter, jelly
- ✓ ready-to-eat dry cereal, crackers, packaged cookies, dry cereal

Equipment for preparing meals in an emergency, including:

- ✓ manual can opener, bottle opener
- ✓ matches
- ✓ votive (non-tipping) candles



Choose from the items listed below to plan menus for the children at your facility during an emergency.

Ultra-pasteurized milk
Peanut butter
Canned juice
Jelly
Canned fruit
Crackers
Canned tuna fish
Packaged cookies
Mayonnaise
Dry cereal



Sample Menus:

Breakfast

Cereal
Milk
Canned fruit



Lunch

Milk
Tuna with mayonnaise
Crackers
Canned fruit
Fruit Juice



Snack

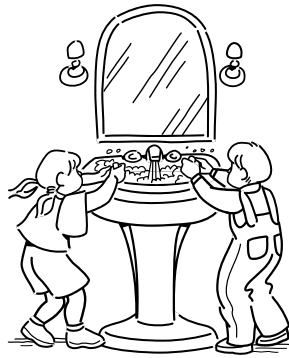
Cookies
Fruit Juice



* Provided by Dr. Arlene Sparks revised Food SAFE (Food Supplies Available For Emergencies) for foodservice personnel in CACFP pre-school programs. ("Healthy-Start" 2001).



Don't Underestimate the Importance of Handwashing



With cold and flu season upon us, it's important to remember that proper handwashing can greatly reduce the chances of getting or spreading germs. The Center for Disease Control states that handwashing is the single most important thing that you can do to keep from getting sick.

You pick up germs from other sources and then can infect yourself when you touch your eyes, your nose, or your mouth. One of the most common ways people catch colds is by rubbing their nose or eyes after their hands have been contaminated with the cold virus. You can also spread germs directly to others or onto surfaces that other people touch. And before you know it, everyone around you is getting sick.

You should wash your hands before you:

- ✓ prepare or eat food; or
- ✓ do any kind of activity that involves putting your fingers in or near your mouth, eyes, etc.

You should wash your hands after you:

- ✓ go to the bathroom or help a child after toileting;
- ✓ change a diaper;
- ✓ blow your nose, cough or sneeze, or wipe a child's nose;
- ✓ play with or touch a pet;
- ✓ handle raw meat; or
- ✓ eat.

What is the correct way to wash your hands?

- ◆ First, wet your hands with warm water (between 100 to 120 degrees) and apply liquid or clean bar soap.
- ◆ Next, rub your hands vigorously together and scrub all surfaces, including your wrists and under your fingernails.
- ◆ Continue for at least 20 seconds or about the length of the alphabet song. It is the soap combined with the scrubbing action that helps dislodge and remove germs. Rinse your hands well.
- ◆ To keep from getting more germs on your hands, turn the faucets off using a paper towel instead of using your bare hands.
- ◆ Thoroughly dry your hands with another disposable paper towel. Cloth towels used by other people can put more bacteria back onto your hands.

Enjoy a happy and healthy winter!

CACFP Training Schedule

Orientation training for the Child and Adult Care Food Program for childcare centers* is held in the five district offices located throughout the state.

Northwestern District Independence

January 24, 2002
February 19, 2002
March 19, 2002
April 16, 2002

Southwestern District Springfield

January 15, 2002
March 12, 2002

Southeastern District Cape Girardeau

February 22, 2002
April 19, 2002

Central District Jefferson City

January 25, 2001
March 21, 2002

Eastern District St. Louis

January 11, 2002
February 8, 2002
March 8, 2002
April 12, 2002

*Shelter and After-school training held separately.

Call 800-733-6251 to register for a training session in your area.

Winter Fun with Food

The weather outside is frightful, but having fun with food is delightful!
Try these ideas for activities to excite the kids when they are cooped up inside.



Build a Snowman Sandwich

- ◆ Have children use different size cans to cut bread circle shapes.
- ◆ Use a plastic knife to cut box hat out of bread.
- ◆ Spread sandwich filling onto bread pieces (i.e. egg, ham, tuna, or chicken salad).
- ◆ Arrange snowman pieces on a plate to form a snowman.
- ◆ Have children add dried fruits or veggie pieces to form facial features and buttons.
- ◆ Add celery slices or pretzels for arms.

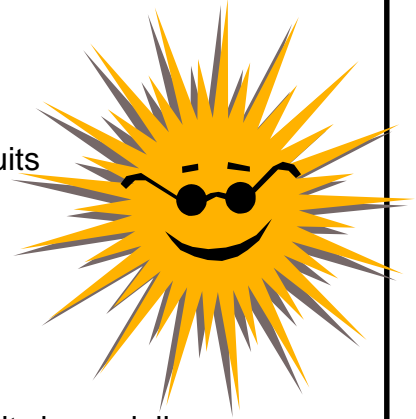
1 small snowman is creditable as a bread and a meat serving for children ages 1-5.

Make larger snowmen to be creditable for children ages 6-12. The snowman is a snack that meets the USDA meal pattern for children ages 1-12.

Sunshine Breakfast Biscuits

What you will need:

- 1 package (10) refrigerator biscuits
- Cooking oil or cooking spray
- Cookie sheet
- Measuring spoons
- Hot pads
- Pancake turner
- Table knife
- Orange marmalade or your favorite jam or jelly



1. Let the children prepare these with adult help. Preheat the oven to 450 degrees. Break open the tube of biscuits, separate the biscuits, and place them on a greased cookie sheet. Pat each biscuit into a 3 inch circle.
2. To make the sun design, use the knife to press the sun's "rays" into each biscuit.
3. Press your thumb into the center of each biscuit to make a thumb print hole.
4. Drop about half teaspoon of marmalade into the center of each biscuit. Bake for 6 to 8 minutes until golden.
5. Use hot pads to remove the cookie sheet from the oven. With a pancake turner, lift biscuits off the cookie sheet and onto a plate. Serve warm.

1 biscuit is creditable as a bread serving for children ages 1-5 and 2 biscuits are creditable as a bread serving for children ages 6-12. Add a fruit and a milk serving for a breakfast that meets the USDA meal pattern for children ages 1-12.

Warm and Wonderful!

As the winter chill fills the air, the warm and wonderful aroma and taste of soups and stews can be enticing. Here are two recipes to work into your winter menu cycle.

White Bean Soup¹ “Speckled Soup”

Ingredients

- 1 ½ c dried, white beans
- 4 c water or stock
- 2 cloves garlic, minced
- 2 stalks celery, chopped
- 2 carrots, chopped
- 1 onion, chopped
- 2 tbs. olive oil
- 1 tbs. dried basil
- ½ lb. green beans in 1' pieces or ½ lb. zucchini slices in half-moons
- 2 tbs. lemon juice
- ¾ tsp. salt/pepper to taste

1. Soak beans overnight in water to cover by 2". Drain in the morning.
2. Saute garlic, onion, celery, and carrots in oil for about 10 minutes.
3. Add soaked beans and the 4 cups of water or stock.
4. Simmer until beans are tender, about 45 minutes.
5. Add basil and green beans or zucchini and simmer another 30 minutes or so, until tender.
6. Before serving, stir in lemon juice, salt and pepper.

Serves 8 preschool (2-5) or 6 school-age children (6-12).
CACFP meal contribution: One serving provides 1 meat/meat alternate **or** can be used as 1 fruit/vegetable component.



Beef Stew Bake

Ingredients

- 1 1/2 lb. beef stew meat
- ¼ c flour
- Pepper, garlic salt, paprika to taste
- 3 tbs. margarine
- 2 beef bouillon cubes
- 2 1/2 c water
- 4 medium potatoes, peeled and quartered, (2 lb.)
- 3 whole carrots, sliced

1. Coat meat with flour, pepper, paprika, and garlic salt. Melt margarine in saucepan and brown meat.
2. Dissolve bouillon in water.
3. Combine meat, potatoes, carrots, and bouillon mixture in 2 qt. casserole.
4. Cover and bake at 350 degrees until meat and potatoes are tender (about 1 ¼ hours), stirring occasionally.
Serves 8, ¾ cup each.

CACFP meal contribution:
One serving provides 1 ½ oz. meat and ¼ c fruit/vegetable.

1. Source: Bergman, Christine and Fromer, Jacki, *Meals without Squeals*, Bull Publishing Company, Palo Alto, California, 1991.

Upcoming Dates and Events

January:

National Eye Care Month:

Sponsored by the American Academy of Ophthalmology. For more information: www.eyenet.org

National Birth Defects

Prevention Month: Sponsored by the March of Dimes Birth Defects Foundation; designed to heighten public awareness of birth defects and how they may be prevented. For more info: 888-MODIMES, or: www.modimes.org.

February:

National Burn Awareness Week (6th-12th):

Always held the second week of February, to increase awareness of prevention with emphasis on early warning and smoke detection. For more information: Shriner's Burn Institute: 513-872-6287.

March:

National Nutrition Month:

Sponsored by the American Dietetic Association; this year's theme is: "Food and Fitness: Health for a Lifetime." The goal is to reinforce the importance of nutrition and physical activity as key components of good health. For action-oriented messages and promotional materials, call: 1-800-877-1600; or: www.eatright.org.

Brain Awareness Week (13th-19th):

Is fish really "brain" food? Can ginkgo biloba really help us think better? Brain Awareness Week is an international public information campaign created to excite the public about the progress and promise of brain research, and discuss myths and

facts about nutrition and the brain.

For more info: www.dana.org/brainweek.

National Poison Prevention

Week (17th-23th): Designed to encourage consumers to learn the dangers of accidental poisoning and take preventive measures against it. The basic theme is "Children Act Fast...So Do Poisons!" For more information and fact sheets: www.cpsc.gov.

Juvenile Arthritis Awareness

Week (6th-10th): Sponsored by the Arthritis Foundation to alert and educate consumers. An estimated 285,000 children are affected by this disease. For more information: www.arthritis.org.

Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services, Bureau of Child Care, P.O. Box 570, Jefferson City, MO., 65102, 573-751-2450. EEO/AAP services provided on a nondiscriminatory basis.

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